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St. Paul
DODGE

UP FRONT

F. G. Miller Senior Boys claim St. Paul Athletic Association's Cross-Country banner.....Page 5

EARLY DEADLINE

Due to Thanksgiving holiday Monday, advertising deadline for the Oct 11 issue will be 10 a.m. Wed., Oct. 5.

Elk Point Review



Vol. 36 No. 40

Tuesday, October 4, 2016

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Students still following Fox's dream

VICKI BROOKER
Review Staff

A heroic quest for research funds that began in 1980 echoed across the country last Thursday as millions of students from coast to coast, including the students and staff of Elk Point Elementary School, took part in the annual Terry Fox School Run. With 36 years to its credit, the Terry Fox Run is both the longest marathon and one of the largest fundraising events in Canadian history.

Grade Four to Six students took part in a run Thursday morning, and were joined by the rest of the students and staff later in the day to form an impressive lineup, led by three flag-bearing cancer survivors that traveled a 15-block route in commemoration of the Canadian hero's efforts.

Principal Rob MacDonald, ECS teacher Debbie Wood and student Jake Fontaine were honoured as cancer survivors at the conclusion of a short assembly prior to the walk. The assembly also gave students insight into Terry Fox, who lost a leg to cancer at age 18 and who three years later, started his Marathon of Hope on April 12, 1980, running 42 kilometers a day for 143 days and only stopping on Sept. 1 of that year because his deteriorating health would not let him continue.

Fox's commitment to raising funds for cancer research has touched the world, and one of those whose lives he touched, former Toronto Raptors coach Jay-Triano, recalled in a video shown at the assembly.

(Continued on Page 3)



Vicki Brooker photo

SURVIVORS LEAD THE WAY - Principal Rob MacDonald, ECS teacher Debbie Wood and student Jake Fontaine lead Elk Point Elementary School's staff and students in the 2016 Terry Fox School Run.

Recycling pilot project extended into early 2017

VICKI BROOKER
Review Staff

Elk Point town council heard at last week's very short meeting that Quik Pick Waste Disposal's recycling pilot project for cardboard, plastic and newspaper will continue for an additional four months, until Jan. 31, 2017. The company indicated that they would contact the town in early January to discuss continuing to supply the recycle containers at a nominal fee.

Quik Pick is also willing to give the town a quote on residential Blue Bag program for recyclable materials, with the bags collected from residences every second month.

FGM golfers

Council was proud to hear that F. G. Miller High School's senior boys golf team had won their zone championship and were in Medicine Hat at provincials, but while council hoped the team would come home with a win, the school will be advised that the town isn't able to provide any funding toward the trip.

That might not be the case for future provincials competitors, because Coun. Dwayne Yaremkevich suggested a policy be put in place "to support kids who go to provincials. They're putting Elk Point on the map." He asked that the letter advise the school that "we do have money to support hosting provincials" when they are held in Elk Point. The

possibility of supporting teams going out of town will be revisited at budget time.

Emergency and exit lights

A quote for \$2,500 for the supply and installation of the exit and emergency lights required under the Alberta Building Code in the town administration office was approved, with funds taken from the administration operating budget.

Fire training grant

The town has sent a letter of support regarding the Regional Fire Training Initiative undertaken in conjunction with the Town of St. Paul, County of St. Paul and Village of Horseshoe Bay, and noted that the support from the STEP

Grant toward the program will be a key component in the training and development of the volunteer firefighters. The enhanced training is seen as significantly increasing the level of fire protection within the municipality.

Highway 646

Alberta Transportation advised council that construction operations will take place on Highway 646 between Highway 41 and Highway 897 during late September and throughout October. Work will include intersection improvements, side slope improvements, milling of existing pavement and placement of asphalt paving, and may result in traffic delays and lane closures while the work is being completed.

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St. Paul & District



Eastalta

“Our two Co-ops are so like-minded this will be an easy transition. This partnership will make us stronger and more relevant for future generations.”

Kelly MacGarvie
St. Paul Gas Bar Manager

Be it resolved that: Eastalta Co-op Ltd do amalgamate with St. Paul and District Co-operative Ltd effective immediately subsequent to St. Paul's Year end on January 31, 2017 (actual date January 29, 2017) and continue as Cornerstone Co-operative under the Co-operatives Act of the Province of Alberta.

St. Paul & District and Eastalta Co-op Propose a Retail Partnership to Become Better Together

On Sept. 26, St. Paul & District Co-op rolled out to members a proposed partnership with Eastalta Co-op. Co-ops were built on the concept of working together and this partnership is sure to make for a stronger, united Co-op committed to serving their communities better. That founding principle remains at the heart of this partnership as both Co-ops share a vision to continue to offer value, enhance growth, and maintain relevance for current and next generation members.

Kelly MacGarvie, gas bar manager, explains, “Our two Co-ops are so like-minded this will be an easy transition. This partnership will make us stronger and more relevant for future generations.” By partnering together, the united Co-op will be more resilient to increasing competition, and will have more resources and talent to pool together in order to innovate. All current and future members will benefit from the amalgamation in a number of ways.

“The cornerstone of our Co-ops is our strong and rooted principles,” General Manager Graham Getz said. “The commitment that Co-op has to their communities will only be strengthened as a result of partnering together. Remaining locally invested with a strong community-minded approach will only serve to better support the lifetime membership benefits for all current and future members.”

Members of the united Co-op, with a proposed name of Cornerstone, would be able to use one Co-op number in seven communities and at over 20 different locations.

Cornerstone Co-op would have five cardlocks, three gas bars, one car wash, six food stores, one pharmacy, two Home & Ag centres, three liquor stores and seven bulk petroleum trucks that service a trading area that is 280 kilometres long.

Anna Friel, supervisor/cashier shares her view of the future, saying it's one of “progress, vision, and conviction – just a few of the words that signify that the support of a dedicated management team pushes forward to make the dream a reality for all those involved. Idle minds sleep, great minds envision the future.”

When you're a member, you're an owner and St. Paul & District Co-op would like to invite all member-owners to join them at the Ukrainian Orthodox Cultural Centre located at 5601-51 St. on October 26, 2016, for a member info session and vote. Coffee and donuts will be available at 6:30 p.m. followed by the meeting at 7 p.m.

To learn more and RSVP visit cornerstonecoop.ca

About St. Paul & District Co-op

St. Paul Co-op opened in 1932. The St. Paul & District Co-op has a prosperous history; a new food store opened in 1963, amalgamation with the Elk Point Co-op in 1967 and opening the Co-op Mall in 1980. With 230 employees and 13,860 members, St. Paul & District Co-op has locations in St. Paul and Elk Point

The following is part of a paid advertisement from the St. Paul & District Co-op



CAVALCADE - Student Jake Fontaine and principal Rob MacDonald were still at the head of the long line of Elk Point Elementary staff and students as they passed Elk Point Health Centre on their walk, which ended up at the Alberta Centennial Stage north of A. G. Ross Arena (right).

Terry Fox

(Continued from Front Page)

He said that Fox had been his varsity basketball team trainer, and "He told the team that he had a dream to one day run across Canada," Triano said, noting that the determined young man had done his best to live that dream, one step at a time, before he lost his life on June 28, 1981.

In the 35 years since that time, others across the nation and eventually around the world have followed Terry's dream, raising millions of dollars each year for cancer research, each of them supporting a cause dear to the heart of an average young man who understood that one person can make a difference, and in doing so, became a national hero.



UPCOMING AUCTIONS

Reminder

Saturday, October 8, 2016 at 10:00 A.M.
CLAYTON ELLIOTT

Sale Location: From the Junctions of Hwy 45 & Sec Hwy 893 (Dewberry), 2 Miles West to Range Road 50, 2 Miles North to Twp Road 540, 1 Mile West to Range Road 51, 1/4 Mile North.

Thur. Oct 20	Land Auction	Vermilion
(NE 23-51-6-W4; SE 29-51-8-W4; 1/2 of SW 18-51-9-W4)		
Thur. Oct 27	Land Auction	Elk Point
(Pt of NW 13-57-6-W4)		
Thur. Nov 3	Lease Land Auction (Vermilion River)	Vermilion
(N 1/2 29-48-5-W4; NE 30-48-5-W4)		

List is subject to additions and deletions. This listing is only a guide and in no way a guarantee of size, description or year.

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LINDBERGH BEAUTIFUL LINDBERGH VALLEY Private & serene, over 1/2 acre, 1984 1190 sq.ft, 3 bdrms, 2 baths, covered decks, guest house, ample parking! MLS# 4021073 ONLY \$139,900	ACREAGE 9.54 ACRES - STONEY LAKE Country Residential Acreage WITH POWER, beautiful panoramic views, great building sites. MLS# E3428791 ONLY \$89,900	WELL-BUILT CLOSE TO SCHOOLS 4918-53 Ave., 1141 sq.ft. bungalow, 4 bdrms, 2 baths, newer shingles, single garage, cement patio. MLS# E3433422 ONLY \$269,000

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Topics will include:

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- Special Needs Assistance
- Dental and Optical Assistance for Seniors
- Seniors Home Adaptation and Repair Program
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1:00 pm
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October 5, 2016
1:00 pm
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Brunch 12 Noon - Show To Follow Tickets: \$40
Tickets can be purchased at Elk Point Realty
780-724-4777 or call Don at 780-614-0204

EDITORIAL

Reasons to run

An unusually large number of feet hit the ground running in Elk Point and surrounding areas this week. as our F. G. Miller High School hosted the St. Paul Athletic Association Cross Country competition at Ross Lake, Elk Point Elementary School held their annual Terry Fox School Run, and both teams and individual athletes pounded through town on the Iron Horse Trail during Saturday's Iron Horse Ultra 100.

Those who took part in both the SPAA Cross Country and the Iron Horse Ultra 100 were there to win the glory of coming in first in their class, to set a new personal best, to increase their fitness level or to just prove that they could hang in and get the job done.

Those who took part in the Terry Fox Run also were there to get the job done - a job started by a young cancer victim way back in 1980, long before these children and possibly even before their parents were born. They were there to raise money for cancer research, a cause that has become increasingly important over the 35 years these runs have taken place, as more and more Canadians have fallen victim to cancer.

Many of Thursday's participants in the school run wore labels saying who they were running for: relatives and friends lost to or still suffering from cancer. So many lives have been touched, and there are so many reasons to keep this run happening in the future.

RECREATION CORNER...

How scary is your scarecrow?

recreation@elkpoint.ca
Review contributor

The Second Annual Town-Wide Scarecrow Contest has officially launched! The really fun contest can win you some great prizes, so get your scarecrow in front of your home or business!

All you have to do is decorate a scarecrow and display it. There will be three categories this year: 1. Solo Scarecrow! 2. Group of Scarecrows ; 3. Business Scarecrow Display.

Have your scarecrows on display by the weekend of Oct. 21 to 23. Judges will be going around and there will be a special prize for Fan Facebook Choice!

On Oct. 24th we'll post all the pictures of the scarecrows on Facebook and fans will vote on their favourite. Voting will close on Oct. 28th at midnight. The fan favourite scarecrow will win a PIZZA PARTY!! Four large pizzas and two, two-litre drinks! It's a great way to get your family involved!

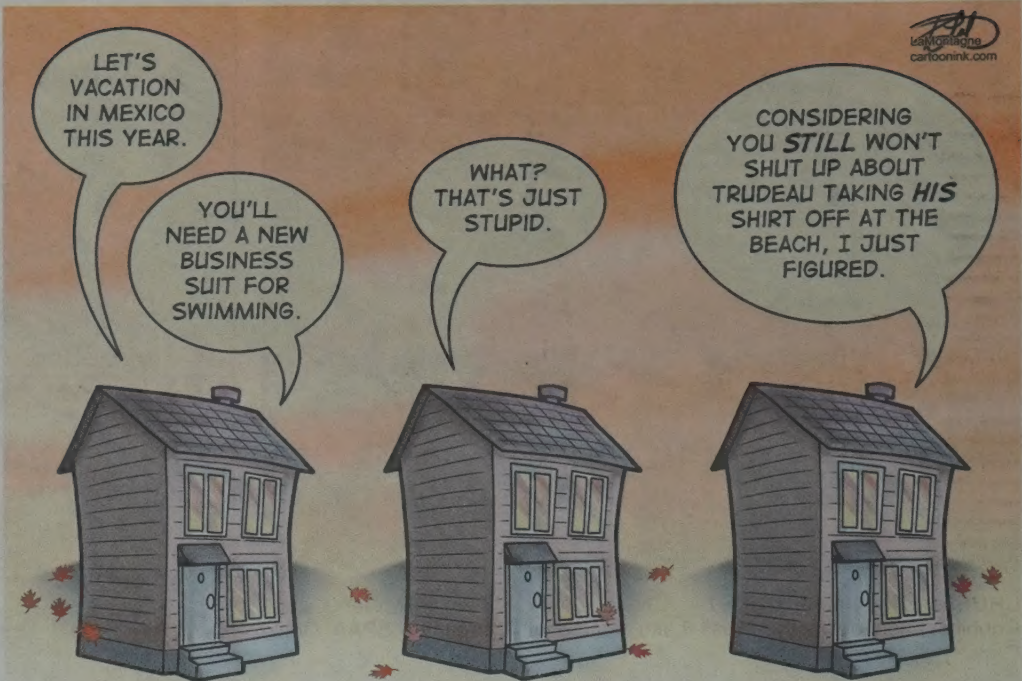
And did I mention that the Best Business entry will also receive a PIZZA PARTY!! Celebrate your awesome coworkers!

Other prizes include: Top Solo Scarecrow \$100; Top Group of Scarecrows \$100; And... \$10 will be awarded to the top 5 runners-up in each category!

Make sure we don't miss your house or business: text or email your address to 780-207-5898 or recreation@elkpoint.ca by October 21st.

For more information, visit the Town of Elk Point online, elkpoint.ca or Facebook, Twitter or Instagram @townofelkpoint.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.



HITTING THE TRAIL..

Exploring our northern trails

SHEILA THOMPSON
Trans Canada Trail explorer

Our adventure continues...

Riverfront Trail – A small but vibrant piece. Here the Northern Land route and the Northern Water route converge with the Athabasca Landing Trail..

The Athabasca River – This is a long blue puzzle piece surrounded by the dark green of Boreal Forest. Everything here is a superlative. The Boreal is part of the largest continuous forest on Earth. The Peace-Athabasca Delta is the largest freshwater delta in North America. It is humbling to stand on the banks of the Athabasca and look north. This river flows past two major rapids (portages are being built), past Fort McMurray, into the Peace-Athabasca Delta, then into Lake Athabasca at Fort Chipewyan, leaving Alberta as part of the Slave River.

Wood Buffalo National Park – AB-NWT Gateway – This is a very special piece of the puzzle, Canada's largest national park. Once again, superlatives! Access this section at Fort Smith. Try timing your visit around a community event. We chose the longest day of the year, then also enjoyed Treaty Land Entitlement Days (Treaty 8). Paddlefest, on the August long weekend, has people kayaking the rapids along the 34 km Slave Rapids Portage Trail.

Slave Rapids Portage Trail – Another historic trail and a precious piece of Alberta's puzzle. Combine this with Wood Buffalo National Park and you have a world-class destination.



MOUNTAIN RAPIDS on the Slave River.

The Peace River Trail: Smith to Sawdy – This is a solid puzzle piece, 64 kilometers of miserable, slippery Boreal trail. But it's our trail, and it is continuous, with nary a road or a house along it. This tough trail led early Albertans from Athabasca to Slave Lake to Peace River. It is a good trail for meditating on the misfortunes of others. Olive Fredrickson wrote a vivid memoir, *The Silence of the North*, which makes you grateful you can hike out of here and into a modern world.



A FAVORITE SPOT – Trappers Cabin on the Peace River Trail

North Shore Trail: Slave Lake to Grouard – This puzzle piece is a shining jewel in the geographic centre of Alberta. When finished (and it's close to complete) it will be 90 km through mature Boreal forest and beside sandy beaches the entire way. Let's consider it our version of the West Coast Trail.



BRIDGES almost make the trail too easy – not.

(To be continued next week)

ELK POINT REVIEW

5022 - 49 Avenue, Elk Point, AB

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or Box 159, St. Paul, Alberta T0A 3A0

Publisher: Janani Whitfield Editor: Vicki Brooker
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EDITOR



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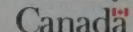
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We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.





Janani Whitfield photo

CRUSADERS ON A QUEST - Chase Dorey, Parker Allen and Zane Cribbins head down the Ross Lake course at Thursday's SPAA Cross Country competition.

Crusaders win senior high SPAA cross-country

JANANI WHITFIELD
Review Staff

Camaraderie and self-challenge were the orders of the day as junior and senior high runners took part in St. Paul Athletic Association (SPAA) cross-country under beautiful blue skies last Thursday at Ross Lake.

Spectators watching the finish line cheered and hollered for every person coming through the run, which varied in length from two to six kilometres, based on the age of competitors.

After all was said and done, Racette Junior High school would capture the junior high banners for boys and girls, while St. Paul Regional High School and F. G. Miller would split senior high honours for the girls and boys respectively.

Gilles Gervais, coach for Racette cross-country, said that his junior high students "basically train harder and longer distances than the meet" at the trails at his place. For kids that put the effort in at those practices, "Ross Lake is a piece of cake."

Coaches also run alongside the students, and he says, "That's kind of motivating for them, because they don't want to get beat by the old guys."

F. G. Miller coach Jonathan Randall said his boys were really close to

winning the category last year, but just didn't have enough senior high runners. This year, the school won the junior and intermediate categories, and came third in the senior category to win two points over second place finisher, the Saints.

"The kids were pretty excited about it," he said, adding most of the cross-country athletes are in a sports-performance class in which they practice running.

"For it to pay off is kind of nice," he said, noting building the program in junior high also helps.



JUNIOR HIGH RUNNER Samantha Urquhart pounds down the trail.



County of St. Paul No. 19

TAKE NOTICE that the following Development Permits have been issued in accordance with Land Use Bylaw No. 2013-50 of the County of St. Paul No. 19

PERMIT NO. LOCATION

16-D0156 N.W. 2-58-9-W4M

Agricultural Service Centre
Land Use District: Agricultural (A)
Discretionary Use

Any person claiming to be affected by the said Development, may appeal within fourteen (14) days of this advertisement, to the Subdivision and Development Appeal Board by serving Notice of Appeal to the Secretary of the Subdivision and Development Appeal Board of the

County of St. Paul No. 19
5015 - 49 Avenue
St. Paul, Alberta
T0A 3A4

The appeal letter must contain at least one reason for appeal and if the development permit is a permitted use under the land use bylaw, no appeal applies unless the provisions of the bylaw were relaxed, varied or misinterpreted in the decision of the Development Authority. The appeal fee is \$200.00 (Refundable if appeal is successful).

October 4, 2016
Date

Chelsey Thoben
Chelsey Thoben
Development Authority Officer

5015 - 49 Ave., St. Paul, AB T0A 3A4 Phone 780-645-3301 Fax 780-645-3104
Email Address: countysp@county.stpaul.ab.ca Website: www.county.stpaul.ab.ca



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REGIONAL DIVISION No. 1

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7:00pm - 8:30pm

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High School



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780-614-7458 or Cheri Lindquist 780-614-0778

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Don Conrad



Ron Smith

**RURAL
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Sharon Smith



Desiree Maas

Rain takes a toll on Iron Horse Ultra 100

J. D. SCHMIDT

With files from Review Staff

Ten hours and 41 minutes after her team set out from Reunion Station in St. Paul on a rainy and cool Saturday morning, Janna Zarowny crossed the finish line of the Iron Horse Ultra 100 Marathon.

Her team made the run through a downpour and tough conditions, but Zarowny was all smiles as she approached the end of the race, bringing victory to her 100-kilometre marathon team, The Hawks. Along with Zarowny, a team comprised entirely St. Paul runners.

Another local team from Elk Point, Kenya Catch Us, were also victorious, being the first team to finish the 100-mile course after 17 hours and six minutes.

The Iron Horse Ultra is an annual set of 100-kilometre and 100-mile footraces held annually in St. Paul. This year saw the event's highest number of registered racers yet, with 147 people taking to the roads and county to compete.

Athletes were able to choose to run the entire distance themselves, or in teams, with 49 runners opting to complete the race as soloists. But this year's wet and cold Oct. 1 weather made for less than ideal conditions for the long and grueling run.

"It was muddy and wet, and it made the trail really slick. We had way more people that didn't finish," said Monique Poulin, an organizer for the event. "For every

step forward, they were taking half a step back. It was pouring like crazy."

By late afternoon, heavy rain was taking its toll on the runners, who huddled around the wood stove in the Elk Point TrailRiders Snowmobile Club cabin, with several giving up their quest to finish at that point.

One of those was Jason Kinsella, who is the grandson of Alberta author W. P. Kinsella and who tied with Adam French for the win in the 2015 Iron Horse Ultra 100. Kinsella, who said the Iron Horse course is "remarkable," is still recovering from his winning run in the 205-mile Tahoe Endurance Run, and said that while he was "mentally fine, but I can't push this body any further today."

Kinsella was fourth to drop out of the field of 49 soloists, another half hour seeing two more declaring this was the end of the trail for them this year, with only three more to check in after that point.

Trail conditions deteriorated during the day, according to other runners gearing up for the next leg, with Dean Rolheiser joking about "a near-death experience with a cow pie" earlier in the day that paled in contrast to the slippery patches encountered later, with one runner saying he made his decision to pack it in after having to climb a hill by hanging on to a barbed wire fence to keep from slipping back down the slope.

"I feel like I've been dumped on with buckets of water for the past six hours," he said.

Two women, Karen Johansen and Natalie Baldo, weren't so easily deterred. "This is our fifth 100-miler in 13 weeks, and the end of our season," Johansen said as the pair headed back out on the trail once they had warmed up and enjoyed some of the hot soup provided at the cabin.

Making sure the run went off smoothly was a group of about 25 volunteers, who "came out and worked their butts off, which was fantastic," Poulin said. Despite the miserable conditions they faced, runners were appreciative of the chance to challenge themselves amidst the beautiful scenery of hills and valleys.

"People were happy in the end, and that's what matters," Poulin said.

Diamond Hogs host slo-pitch

JANANI WHITFIELD
Journal Staff

Fourteen teams from across Alberta and Saskatchewan made their way to Elk Point on Sept. 24 and 25, for a slo-pitch tournament hosted by Elk Point's Diamond Hogs.

Carlito Laviolette, a player with the Diamond Hogs and an organizer for the tournament, said that more teams had in fact shown interest, but for the team's first pitch at it, organizers decided to keep the entries to 14.

"It was a last minute

tournament," he said, adding that if the Diamond Hogs do it again next year, the team will let people know more in advance and allow for more entries.

After all was said and done, Bomb Squad out of Bonnyville won first in the A Division, followed by St. Paul's Swamp Donkeys and with Dazed and Confused from St. Paul rounding up third. In the B Division, Elk Point's Slippery Mitts took first, with Bonnyville's Wrecking Balls coming in second, and the Creamery Bears finishing up third.

A home run derby offered prizes for male and female winners, with a player from Bomb Squad winning a payout of about \$380, with the female winner taking home about \$110, said Laviolette.

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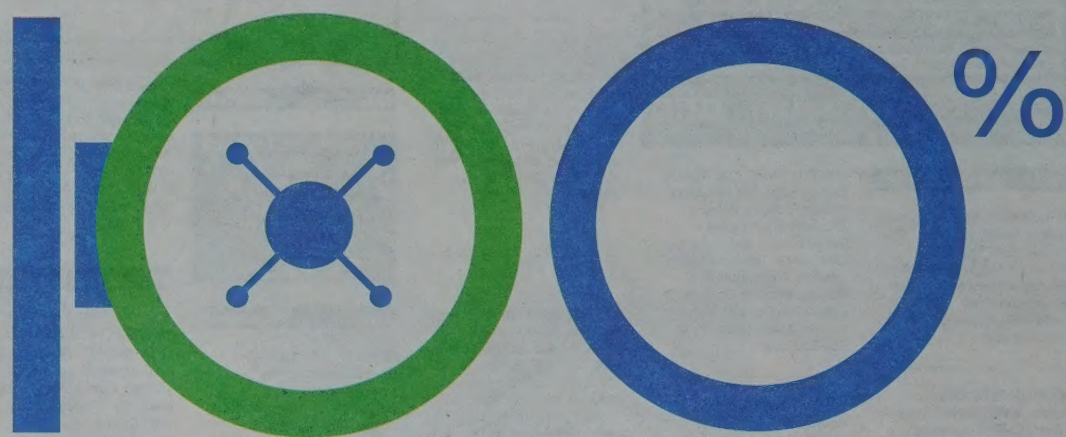
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